

The Power of Journaling.

Top Tips!

- Choose a comfortable and distraction free environment
- If journaling for therapeutic reasons, know what outcome you are looking for before you start writing
- Add the date, time and location to each entry
- Find what works for you - try different times to write, places, techniques
- Keep your journal private
- Ditch perfection
- Keep your writing varied
- Get creative!
- Handwrite as much as possible
- Be consistent
- Reflect and feedback to yourself
- Be completely honest with yourself - don't censor your thoughts



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Journal Prompts

Gratitude

- What has happened this week that you are grateful to have experienced?
- What is your favourite time of year? What are your reasons for this?
- List 3 things that made you smile today

Self-Love

- How could you show yourself compassion today?
- What brings you contentment? How could you do more of this?
- List ways you have helped others recently. How could you do more to help yourself?

Mindfulness

- Write about something you can see from your window
- Close your eyes for a moment, what are your senses telling you? Write everything that comes to mind down
- How does your body feel right now?

Goal Setting

- What is your biggest dream?
- How could you make this dream a reality?
- What is stopping you from taking action to make your dream a reality?

General

- What is one thing you'd like to do today that will bring you joy?
- Today I feel..../Today I felt...
- List everything that makes you feel empowered
- Write a letter from your future self. What advice would they give your current self?

